

Benefits of Exposure to Pollen Independent of Exercise on Lung Capacity and Implications for Weight Loss

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Introduction

Although the beneficial effects of exercise on lung capacity are well-understood, the beneficial effects of increased lung capacity are not properly understood, nor is the role of exposure to pollen on lung capacity.

Abstract

It is, firstly, important to understand that the process of eliminating fat is a process which is dependent upon expelling carbon dioxide from the bloodstream through the lungs. While it is true that burning calories and increasing muscle mass has the effect of increasing net metabolism, the far more important change to the body which comes about from aerobic exercise is the increase in lung capacity. By increasing lung capacity, the rate at which CO₂ is expelled from the bloodstream even when not exercising is greatly increased, leading to a chain reaction which leads ultimately to the release of carbon from stored fat.

Lungs, although they will not tolerate an excess of fluid within them, rely upon small quantities of natural fluids called surfactants. Without surfactants, lungs would cease to be able to carry out respiration. The efficacy of a surfactant relies upon the inclusion of elements such as lipid molecules which increase the surface tension of the fluid beyond that of simple water.

Increasingly, Americans are breathing filtered air which is free from natural pollens, which could be predicted to enhance the efficacy of natural surfactants. Spending great quantities of time indoors results in decreased exposure to pollen which, in turn, results in decreased lung capacity irrespective of exercise. Oftentimes, the same medical professionals who advise patients seeking to lose weight also advise patients to avoid pollen, ironically.

Conclusion

These factors should be taken into account when issuing recommendations concerning how to increase the chances of losing weight. It may even be beneficial to purposefully expose those wishing to lose weight to pollens in order to enhance lung capacity to enhance ease of exercise as well as to enhance resting fat metabolism.